

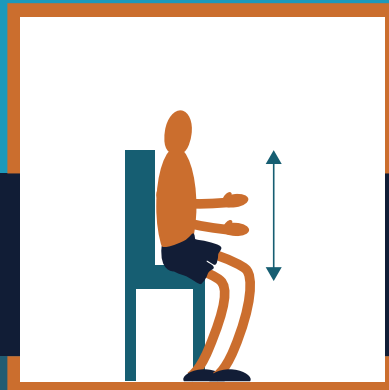
BEWEEGKAART



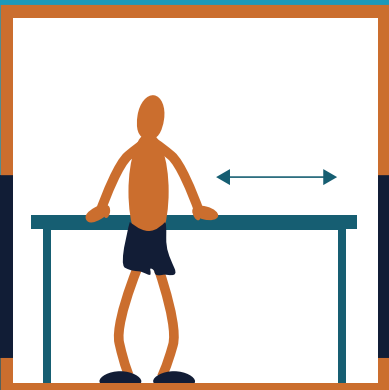
1. REIKEN



2. BEEN STREKKEN



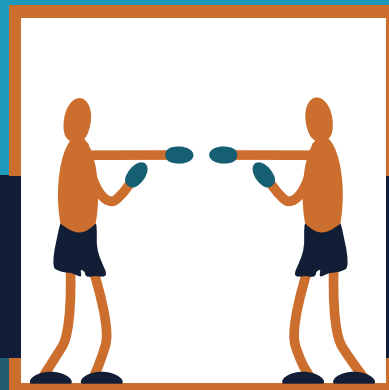
3. OPSTAAN EN GAAN ZITTEN



4. ZIJWAARTS BEWEGEN



5. OVER LIJN LOPEN



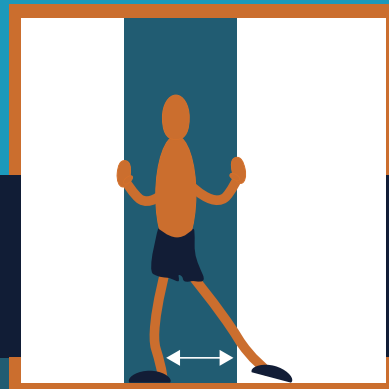
6. BOKSEN



7. SNELWANDELEN



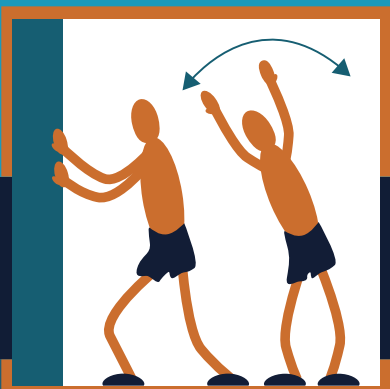
8. VOORWAARTS REIKEN



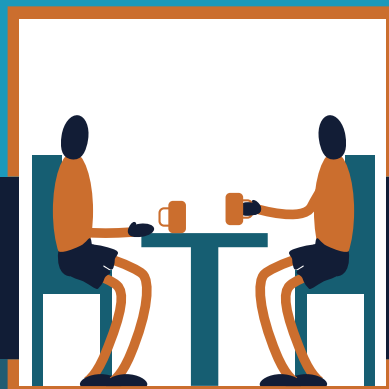
9. ZIJWAARTS AANTIKKEN



10. SLALOM



11. REKKEN



KOFFIE / THEE DRINKEN